FRANK
FOR PARENTS
We all worry that our kids might get into drugs, especially if we don’t know how to help them if they do.

Sometimes we may worry that our kids know more about drugs than we do. This is where FRANK can help.

FRANK is here to provide you with all the help and information that you need to talk to your children about drugs.

But, whatever you do, don’t panic. Most people who try drugs don’t carry on using them.
BUT MY KIDS ARE ONLY YOUNG
You should still get yourself informed so that you can talk to them about drugs if and when you need to. Only you will know when the time is right.

BUT MY KIDS ARE TEENAGERS
With older children it's best to decide what you want to say first. Think about the best way to get your message across - chat about it together. Don't lecture - try to put yourself in their shoes/trainers.

BUT HOW DO I RAISE THE ISSUE?
Take any opportunity - for example if there is something about drugs on the TV or in the newspaper - to start a discussion. Always try to make sure they know you're interested in their health and welfare, and that you're there to help and support them, not to tell them off.

HOW DO I KNOW IF MY CHILD IS INTO DRUGS?
This bit's tricky, because signs like staying out late, changes in friends and interests can be a normal part of growing up. If you are concerned, get informed.

- Focus on your child not the drug.
- Don't feel guilty.
- Support them.
- Get more help for them.
- Get more help for you and your family.

FRANK can help with all of this. That's why FRANK is there 24 hours a day, every day.
FRANK IS HERE FOR YOU 24 HOURS A DAY, SEVEN DAYS A WEEK.

CALL 0800 77 66 00. IF YOU CALL FROM A LAND LINE IT'S FREE AND IT WON'T SHOW UP ON BILLS. YOU CAN TALK TO FRANK IN OVER 120 LANGUAGES - JUST CALL THE SAME NUMBER AND A TRANSLATOR WILL BE THERE IF NECESSARY.

LOG ON TO TALKTOFRANK.COM - A WEBSITE FOR ANYONE WHO WANTS TO KNOW ANYTHING ABOUT DRUGS.

In addition to FRANK, other people can also help. You might want to contact one of the following agencies:

Drinkline - a free and confidential telephone helpline for anyone who is concerned about their own or someone else's drinking. The number is 0800 917 8282 and lines are open between 9am - 11pm on Tuesdays, Wednesdays and Thursdays and from 9am on Fridays until 11pm on Mondays.

parentline.org.uk - offers help and information for parents or carers on any parenting issue.

NHS Smoking Helpline - 0800 169 0169. Lines are open seven days a week from 7am to 11pm. Specialist advisors are available from 10am to 11pm.

alcoholconcern.org.uk - comprehensive information on alcohol and on local service providers.